



# Morning Pilates

**For Ages 16+**

Pilates offers all the benefits of strengthening the core while lengthening and toning the entire body. You will feel the amazing difference in just one class, but after three classes you will have firmer muscles, a tighter stomach, and the confidence to stand taller. After six classes you'll have improved muscle flexibility, reduced body tension and stiffness as well as increased balance and coordination.

Classes are offered Tuesdays and Thursdays.

You can register with options by choosing from the following provided:

Ages	Dates	Fee	Session	Code
16+	<u>Tuesday &amp; Thursday</u> 10:00 am - 11:00 am (2 Days a week)	\$80R / \$100NR	July 6-27	414703 B2
			Aug 8-31	414703 C2
	<u>Tuesday</u> 10:00 am - 11:00 am (1 Day a week)	\$48R / \$60NR	July 11-25	414703 B3
			Aug 8-29	414703 C3

Register early to ensure your spot

<b>Location:</b>	Wellington Community Center   (561) 753-2484   12150 Forest Hill Blvd.
<b>Instructor Contact:</b>	Lynn Spoor - Phone: (561) 202-5966 Email: spoorlady@bellsouth.net
<b>Comments:</b>	Please bring a mat and towel



## REGISTER ONLINE\*

You can register for most programs online at:  
[www.wellingtonfl.gov/webtrac](http://www.wellingtonfl.gov/webtrac)

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

*\*First time participants must register in-person to establish a household in our system. **Proof of residency and age required.** Not all programs available for online registration. Visit [wellingtonfl.gov/activityregistration](http://wellingtonfl.gov/activityregistration) for more info.*

## Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2<sup>nd</sup> class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

## Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

